

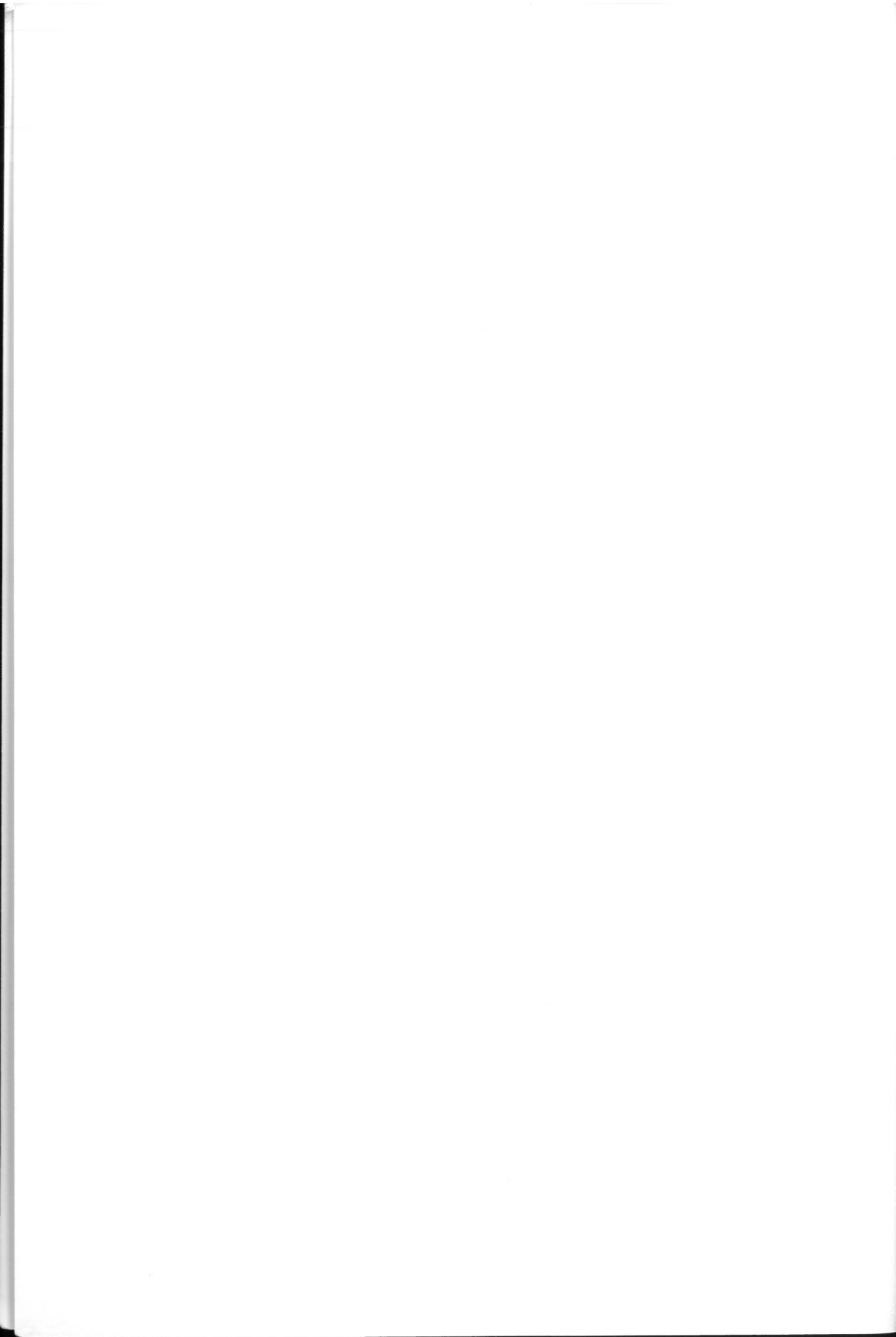
SAYINGS FROM THE MACHAME LANGUAGE



METHALI ZA LUGHA
YA KIMACHAME

FLORA M. POPENOE

Sayings from the Machame Language



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Machame Language

*Methali za Lugha ya
Kimachame*

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Introduction

Upon the southwestern foothills of Mt. Kilimanjaro in Tanzania, the area known as Machame is the home to the Machame language and people. Proverbs were commonly used by ethnic Machame as an educational tool both before and immediately after the introduction of western education. Today they have faded from common use. The oral tradition in place for many centuries no longer passes down these culturally rich sayings; thus, it is apparent that before long the wealth of folk knowledge would vanish.

Since knowledge of the Machame language is waning, I felt obliged to make it possible for a wide array of audiences to benefit from these sayings. I have compiled proverbs in three of the languages which I speak fluently (Kimachame, Swahili, and English), and I hope that you will be able to read and understand them in one or two of the languages provided.

I took up writing this book mainly because I love history and did not want to see the traditional

Utangulizi

Kusini Magharibi chini ya mlima Kilimanjaro uliopo nchini Tanzania, kuna sehemu inayojulikana kwa karne nyingi kama Machame, ambako wanaishi Wamachame, wanaoongea lugha ya Kimachame. Kabla ya kuingia kwa elimu ya kisasa na muda mfupi uliofuata baadaye, methali zilikuwa zinatumiwa na Wamachame kama njia mojawapo ya kufundishia. Siku ya leo hazitumiki sana katika maisha ya kila siku. Kwa vile mila na desturi zilizokuwepo Machame kwa karne nyingi haziendelei kusimuliwa, inaonekana wazi kuwa haitachukua muda mrefu kabla maarifa ya sanaa hizi za jadi kusahaulika kabisa.

Kufifia kwa maarifa ya lugha ya Kimachame kumenilazimisha niandike hizi methali kwa njia ambayo itawafaidi watu wengi. Nimezikusanya na kuziandika methali katika lugha tatu tofauti ambazo naziongea kwa ufasaha (Kimachame, Kiswahili, na Kiingereza), na ninaamini kuwa utaweza kuzisoma na kuzielewa kwa lugha moja au nyingine, kati ya hizo zilizotumika.

Sababu kubwa iliyonifanya niandike hiki kitabu ni kwamba ninafurahia na kuijali historia na sikupenda kuona maarifa na

knowledge and wisdom held amongst the Machame people disappear from this earth. Most of the proverbs in this work came to me as I sat down with people in Machame and listened to them in casual conversation. Others I just remember hearing as I was growing up in Machame, and I can still recite them to this day.

Even though I have given my best to compile this collection, I am convinced that there is much more to be learned and written about the proverbs and the way of teaching of the Machame people. There is no way I could collect and write down all the aphorisms, stories, and riddles from Machame unless I visited each and every one of the villages and its people. Therefore, I urge you to consider this as just the starting point; let us keep the wheel spinning so that traditions and wisdom which existed among the Machame people continue to thrive. It is wise to capture these traditions on paper soon. If we don't act we will regret seeing that we have lost a big piece of the culture, customs, and traditions with which we were molded.

maadili yaliyokuwepo baina ya Wamachame yakitoweka duniani. Nyingi ya methali zilizoko kwenye hiki kitabu zimenijia wakati nikiwa kwenye mazungumzo na watu wa Wamachame. Nyingine ni kumbukumbu tu za methali nilizosikia wakati wa utotoni nilipokuwa Machame.

Ingawaje nimejitahidi kadiri ya uwezo wangu kuziweka hizi methali pamoja, bado ninaamini kuwa kuna mengi ya kujifunza na kuandikwa kuhusu methali na namna ya Wamachame ya kufundisha. Haiwezekani kabisa kwangu mimi kuandika misemo, hadithi na vitendawili vyote kutoka Machame isipokuwa kutembelea kila kijiji kimoja kimoja kilichoko Machame na watu wake. Kwa sababu hiyo, ninakusisitiza kuwa uone kuandika kwangu kama kianzio tu na wote kwa pamoja tuendelee kuifanya hii kazi ili mila na maadili yaliyokuwepo kati ya watu wa Machame yaendelee kuwa na ufanisi. Itakuwa busara kuhifadhi mafundisho haya kwenye karatasi leo na tusingoje mpaka kesho. Kama tukisubiri tutakuja kujuta kuona kuwa tumepoteza sehemu kubwa ya mila, desturi na utamaduni uliotufanya sisi tuwe kama tulivyo leo.

Acknowledgements

My greatest acknowledgement goes to the many elders I spoke with in Machame, Tanzania. Since proverbs are not used as a teaching tool anymore, it was hard to ask someone to come up with one—but sometimes the saying just wandered into the conversation. For me, being among the elders was almost like being in a classroom.

I owe my parents and my grandparents from both sides an unforgettable gratitude for allowing me to become the person I am. When I was growing up in Machame I learned some proverbs by visiting my grandparents. I still remember those proverbs today and I was able to use them in this book.

My husband Darwin was helpful in editing this book and designing the cover. My children, Subira and Anthony, helped in proofreading the English part. I am truly grateful for the family I have.

Shukurani

Shukurani zangu za dhati nazitoa kwa wazee wengi nilioongea nao kule Machame, Tanzania. Kwa vile misemo ya Kimachame haitumiki tena kama chombo cha kufundishia, haikuwa rahisi kwangu kumwuuliza mtu aniambie methali wakati wowote isipokuwa kwa bahati tu methali moja au mbili zijitokeze zenyewe kwenye mazungumzo. Kwangu binafsi kupata nafasi ya kuwa miongoni mwa wazee ilikuwa ni sawa na kuwa kwenye darasa la kisasa.

Imenipasa kuwashukuru wazazi wangu, bibi na babu zangu wa pande zote mbili kwa kunifanikisha niwe mtu niliye siku ya leo. Nilipokuwa nakulia Machame nilifanikiwa kujifunza baadhi ya methali za Kimachame wakati nikiwatembelea bibi na babu zangu. Hizo methali bado nazikumbuka mpaka siku ya leo na nimeweza kuzitumia katika hiki kitabu.

Mume wangu Darwin alikuwa ni msaada mkubwa katika kuhariri na kusanifu jalada la hiki kitabu. Watoto wangu, Subira na Anthony nao walisoma na kusahihisha sehemu ya Kiingereza. Kusema kweli nina bahati kuwa na familia kama yangu.

I would also like to thank all the people of Machame who have crossed my path, because I have learned from them in one way or another. These people really helped compile these proverbs. Dr. Sonja Darlington's love for literature was instrumental in reviewing this booklet.

I thank all my siblings who took some time even as we took care of my ailing older brother. So often we were able to share, among ourselves, some proverbs which came to us at the spur of the moment, as a way of dealing with our brother's illness. Working on these proverbs really did help us forget for a minute about what was to become of my brother's short life.

Pia ningependa kuwashukuru watu wote wa Machame ambao wamenisaidia na kunifundisha kwa njia moja au nyingine. Kwa kweli hao watu wamehusika sana kuweka pamoja hii misemo. Sitapenda kumsahau Dr. Sonja Darlington ambaye upendo wake wa fasihi umekuwa muhimu katika kupitia na kukifanyia marekebisho hiki kitabu.

Nawashukuru ndugu zangu wote waliochukua muda wakati tukimwuuguza kaka yetu mkubwa. Bila kukusudia kwa pamoja tuliweza kushirikishana misemo mingi ikiwa ni njia mojawapo ya kupambana na maradhi yaliyomkumba. Tulipokuwa tunatoleana methali ilitusaidia kusahau kwa muda mfupi kuhusu yaliyokuwa yatokee, kutokana na maisha mafupi aliyoishi kaka yetu.



The Proverbs/*Methali*

(Each row in the following table gives the idiomatic translation into *Kiswahili* [Swahili language] and English of the original *Kimashami* [Machame language] saying.)

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|--|--|
| Alya na ighika. | <i>Mambo anayoyafanya hayaendani na umri wake/hataki kuzeeka.</i> | S/he just doesn't want to grow up. |
| Anfwa, anfwa. | <i>Aliyekufa ni rahisi kusaulika.</i> | When you die you're easily forgotten. |
| Bhana mmbora. | <i>Watoto ni baraka.</i> | Children are a blessing. |
| Bhandu mmasaa. | <i>Watu ni mali.</i> | People are wealth. |
| Bhandu mmasara a mbughu. | <i>Watu wote wanahusiana kwa njia moja au nyingine.</i> | All people are related in one way or another. |
| Bhansiiya kyaawun sha bhalya wa kwa ikomba. | <i>Wamekufa wote kwa pamoja.</i> | They all vanished at once. |
| Bhika igheko kitaambu kwameenda kubhambue. | <i>Uwe tayari wakati wote hata kama hutakitumia ulishokitayarisha.</i> | Always have something ready to fall back on when needed. |

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|--|---|---|
| Enda mbuuwuo kukilye mifongo ibhii ta ng'inda. | <i>Ukifanya mambo taratibu utakamilisha mengi.</i> | When you do things thoughtfully you are likely to succeed. |
| Enda na woko lwiike ughoo. | <i>Usiende na mikono mitupu/upeleke zawadi huko uendako.</i> | Do not go visit someone empty handed. |
| Enda kulashe ikabwa mwaamba wa kai. | <i>Harakisha kabla giza halijaingia.</i> | Hurry up before it gets dark. |
| Figha shiikimbe nyimaa ng'umbe-fo. | <i>Vita iliyowekewa tahadhari madhara yake si makubwa.</i> | Advanced warning about a war reduces the number of casualties. |
| Fika kibwa kulutee maaghe egghu. | <i>Fika salama na utukumbuke.</i> | Remember us when you get back home. |
| Fingi fighewa nghwen. | <i>Mambo yote si ya kuongelewa; mengine yanapaswa yabakie siri siku zote.</i> | Some secrets are meant to stay secret forever. |
| Finya nyukamba. | <i>Nguvu alizo nazo mtu ni za muda.</i> | The capabilities that you have will not last forever. |

Kimashami

Kiswahili

English

Figha ni kisha, indi itaa-fo.

Ni rahisi kupokea kuliko kutoa.

It is easier to take than to give.

Fighen neende-fo wafo.

Huwezi ukajua uchungu wa vita kama hakuna ndugu yako anayehusika.

It is hard to talk about a war where one is not involved in any way.

Fwa kyuumi!

Kufa kiume/Jikaze, vumilia.

Be strong.

Fyeeghi mmasiano na finya nyukamba.

Wakati ni mapishano na nguvu ni za msimu.

All that we have will come to an end.

Ghema kwasi ya nfongo.

Uzidi kubarikiwa.

May you always have more than you wish for.

Ghinga kana.

Usiwe mwepesi kusema.

Watch your words.

Ghubha shifoo nnyo imiraa ndu.

Usimdharau aliyetulia.

Do not disregard quiet people.

Ikooghu lyikaamba kweenda mbuuwuo nkumaa fongo ta nnda ibhii.

Unapochukua muda kufanya jambo matokeo yake huwa mazuri.

Pay great attention to things in order to get the most out of them.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|--|---|---|
| Ikororo lyisekaa isaa-fo. | <i>Usimdharau aliyekupita kwa umri kwa sababu unaelekea aliko.</i> | Do not look down on someone whose age exceeds yours, because you are headed in his/her direction. |
| Ikurang'a lyesongosia muna kana lyikakooya lyamweebheta. | <i>Usitumie sana muda mwingi kafanya mambo ili yasiwe na kasoro maana utaweza kuharibu zaidi.</i> | Spending too much time trying to perfect things may be creating bigger problems than you are solving. |
| Ikya na iila nyinghi. | <i>Muda unavyooenda mambo huzidi kuwa mazuri.</i> | Things get better with time. |
| Ing'ughuu lya myaango ibhii lyiighaa boo-fo. | <i>Huwezi kufanya miradi miwili kwa pamoja na kuifanikisha.</i> | Do not try to be in two places at once. |
| Ing'ughuu lyituraa mammi-fo. | <i>Kila jambo linalotokea lina mwenzake.</i> | In every situation you find yourself remember, you're not alone. |
| Irua rua ndoo, na ikaa ghembo mmau. | <i>Ukijihangaisha utafanikiwa kuliko kukaa tu.</i> | The person who stays busy is likely to find what s/he is looking for. |
| Isara lya iteghebha lysisikyaa kisaa-fo. | <i>Usitegemee sana vitu ambavyo si vyako.</i> | Do not rely on things that belong to others. |

Kimashami

Kiswahili

English

| | | |
|------------------------------------|---|--|
| Kaba ekyo kishakaa. | <i>Kama unataka kuomba msaada umjue aliye na uwezo wa kukusaidia.</i> | Know where to look for help so you can find it when you need it. |
| Kai eki kitiri ngwi. | <i>Hii sehemu ina mali.</i> | There is something good around here. |
| Kana kyeelyaa kyeende kyeegheghaa. | <i>Mdomo ukiwa unakula uendelea kuongea (Tujali muda).</i> | Mind time/Learn to multi-task. |
| Kibere nkyelema samulyi. | <i>Vitu vingine ni vigumu kuvibalisha.</i> | S/he is hard to convince. |
| Kiboo kyeela, mabhere naleele. | <i>Mweshimu mama yako hata kama baba ndiye mkuu wa nyumba.</i> | Treat your mother with respect regardless of who is the head of the house. |
| Kideebha kimwi nkyekerwaa kai-fo. | <i>Kitu adimu hutunzwa kwa makini.</i> | Scarce things are held close to the heart and are hardly placed in harm's way. |
| Kifughwa nyinghima. | <i>Bila asante.</i> | Do not mention it. |
| Kikuwoghe. | <i>Ni juu yako.</i> | It is up to you. |

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|--|---|
| Kilandelya ukibha nkilewa nndu-fo. | <i>Huwezi kuwa mtu aliyekamilika mpaka upatwe na shida.</i> | Going through hardships makes one a better person. |
| Kilasha nkimanyaa imaa ng'umbe. | <i>Usipigie mali yako mnada.</i> | Do not gamble; you could go broke. |
| Kilwa kyaamba; kiniini mmuu. | <i>Chura kasema; linda sana moyo wako/ Hakuna kitu kikubwa zaidi ya uhai wa mtu.</i> | Life is to be treasured. |
| Kimanya kyafu. | <i>Utajua mwenyewe kama hutaki kusikiliza.</i> | Be ready for the consequences of your actions. |
| Kiseso kikasesa kighi nswa mbubuukyaa. | <i>Huwezi kuficha siri siku zote, lazima siku moja zijitokeze.</i> | Some secrets are hard to keep no matter how hard you try. |
| Kisie kisia kikaseiya nsaka. | <i>Matatizo yampatayo mtu hayawezi kudumu milele ila yana mwisho wake.</i> | No problem lasts forever. |
| Kisumu kya mamwiingi nkibhiraa ikundu-fo. | <i>Uamuzi mzuri hufikiwa wakati watu wengi wanapoweka mawazo yao pamoja.</i> | Group decision- making can only be reached if all agree. |

Kimashami

Kiswahili

English

Kite kikamfika
masalen lyo kyoghola.

*Kwa kawaida mgeni
hajisikii sana huru
kutoa mawazo yake
ugenini bali hufanya
hivyo akisharudi
kwenye mazingira
yake.*

A foreigner usually
does not feel
comfortable expressing
her views on matters
she notices in a foreign
land, but once in the
familiar environment
she is freer to do so.

Kite nkiibhaa kyen-fo.

*Mtu mwenye busara
hawezi kufanya uhalifu
wakati akiwa kwenye
mazingira aliyojaliwa
au kulia.*

A wise person is
unlikely to display
unacceptable behavior
when s/he is around
familiar faces.

Kitire nkitire!

Jali ulicho nacho.

Value what you have.

Kooka udun shiishywa
mbughu.

*Anayetoka utotoni
anahitaji kuzawadiwa.*

After one has gone
through childhood
s/he deserves a crown.

Kookya meengi maata
ashoongwaa.

*Usijaribu kufanya
mambo mengi kwa
wakati mmoja kwa
sababu ni vigumu
kufanikisha yote.*

Try not to have too
many things on your
plate.

Kora itengo kumanye
nndu akukundye na
akusuye.

*Unapopatwa na
matatizo ni wakati
mzuri wa kumjua aliye
rafiki wa kweli.*

When you are in need
is a good time to know
who is really on your
side.

Kimashami

Kiswahili

English

Kufakaa kwiisalalye.

Utapatwa na shida kubwa.

Things are going to be tough.

Kulabire kulagha kumikua-fo.

Usiwakashifu wengine na kufikiri kuwa wewe ni bora au una hali nzuri zaidi kwa sababu maisha yanaweza kubadilika wakati wowote.

You should not speak ill of others while you are still living.

Kulakilye mugha wiisha-fo, gha wiite mawelu.

Usiharakishe kutoa uamuzi bila kufikiria. Ukisubiri utafanya uamuzi wa maana.

Take time to make important decisions.

Kulakusangye na ibwashi-fo.

Usijidhalilishe, una uwezo wa kufanya vizuri zaidi.

You can do better than that.

Kulakusinge na nghuka-fo.

Usijaribu kupigania vitu ambayo unajua kwa vyovyote hutashinda.

Do not fight when you know you have no way of winning.

Kulamaaghe woko elu lukuniinga shonga-fo.

Usiwaudhi watu unaowategemea.

Do not offend the people on whom you rely.

Kimashami

Kiswahili

English

Kulamini mbanga
kulemowya-fo.

Usidharau ulikotoka.

Do not despise where
you come from nor the
people who brought
you up.

Kulasaamise nfongo
ando ulasaama-fo.

*Mambo mengine ni
vizuri kuyaacha yalivyo
kwa maana
hayatatuliki.*

It is better to give up if
you know you will lose
in the end.

Kulashikabe ifumu
lyimwi-fo.

*Niongeze, usinipe tu
kimoja, usiniachie
hamu.*

Do not lead me to the
point where I have to
look for more.

Kulasise kikoka-fo.

*Usikae bila kufanya
kazi.*

Do not sit idle.

Kulawe iwe lya
mmbala-fo.

*Using'ang'anie vitu.
Songa mbele.*

Do not hold onto
things forever. Move
on.

Kuleere iwe ghuwen
imalalye-fo.

*Usimchokoze aliye
kimya.*

Fear the ones with few
words.

Kushekusangyaa na
ibwashi.

Utakuja kupata shida.

Your luck will
eventually run out.

Kutiri nkonu sha wa
ighema.

*Wewe ni mzigo
mkubwa.*

You are a lot of work.

Kimashami

Kiswahili

English

Kwa nndu nsha
nkuwuywaa kabhii.

*Nyumba ya mtu
mkarimu hubishwa
mara ya pili; watu
hurudi huko.*

The home of the
hospitable is where
guests return.

Kwaanta kilwa
kwiisekaa,
nkisheendaa-fo.

*Unapotoa amri ni
lazima uonyeshe kuwa
unamaanisha
unayoyasema
vinginevyo amri yako
itapuuzwa.*

Be serious when giving
orders, otherwise your
orders will not be
carried out.

Kwaatya mugho
ighinen uduukya.

*Siri haziwezi kubakia
siri siku zote bali
zitakuja kujitokeza
siku moja.*

Secrets will not always
stay secret.

Kwagha kuleeta fya
bhandu kusheita fya
mafisi.

*Usipowasiliza
wanaokuonya, utajuta
mambo yatakapokuja
kuwa mabaya.*

If you don't listen to
what you're told, be
ready to face the
consequences.

Kwagha kundelolya
kwa nshuku kulolye
kwa nshukure.

*Usiwe mwepesi
kuwashutumu wengine
wakati bado unaishi.*

Speak no ill of others
while you are still
living.

Kwakaba ighiso na
mbwa nyishiiyaa.

*Kwa ndugu tatizo la
mmoja huwaathiri
wote.*

Among loved ones,
when one suffers all
are affected.

Kimashami

Kiswahili

English

Kwakaba isiiri lyituula
nndu.

*Wakati unapofikiri
kuwa unatengeneza
kitu uangalie usije
ukazua tatizo jingine
kubwa zaidi.*

Think before you act.
Your actions may
cause more harm than
you expected.

Kwakilya iinga?

*Umekuwa wapi muda
wote?/Mbona
huonekani?*

Where have you been?

Kwakusigha mweesi
nkushaaraa nghemi.

*Ukitegemea sana
wengine hutafikia
malengo yako.*

Relying on others may
prevent you from
reaching your goals.

Kwalolya bhandu we-
eghishaa, ghisha nawo.

Shirikiana na wengine.

Try to be part of the
group.

Kwalolya mangi
kulankombe kana-fo!

*Usijaribu kuwa karibu
sana na wenye
madaraka.*

Don't try to get too
close to the ones in
power.

Kwalolya mmbwa
ishaa, mbele nkulolyaa
ituu.

*Dalili ni ishara ya
matatizo au matendo.
Mawingu hutangulia
mvua.*

Pay attention to signs,
because they always
come ahead of real
actions. Rains fall after
clouds have formed.

Kwalolya mugha
wiishaa, gha wiite
maweale.

*Usiharakishe mambo
kabla ya wakati wake.*

Assess the situation
first before jumping
into action.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|--|--|--|
| Kwalolya mughawisokaa, lemaughende wiighe. | <i>Wapishe wenye nguvu wapite.</i> | Try not to be in the front rank. |
| Kwalolya usei lwamangagha kulaambe lwamuumafo. | <i>Usidanganywe na macho yako. Jaribu kutafuta ukweli wa mambo.</i> | Do not be fooled by what you see on the surface; try to look deeper. |
| Kwalolya wuyi kuleengere ngwi-fo. | <i>Usichochee hali ambayo ni mbaya tayari.</i> | Try not to stir things up. |
| Kwalya mbughu nkutaa ng'umbe. | <i>Kosa dogo linaweza kukuletea madhara makubwa.</i> | Small mistakes may cost you a great deal. |
| Kwanfisha ngihiya. | <i>Kazi unayoifanya anatakiwa aifanye yeye. /Mwachie madaraka, ni zamu yake.</i> | Let others play their assigned roles. |
| Kwanlya nguwe lya na kiromu. | <i>Ukianza jambo usiliachie katikati, inakubidi ulimalize.</i> | Do not leave a job half done. |
| Kwaporomwa kite nkowa mbo kishekumaghaa. | <i>Ukimsadia mwenye shida anaweza kuja kukugeuka au kukudhuru.</i> | Be careful whom you help. S/he may come back to harm you. |

Kimashami

Kiswahili

English

Kwashuuta isara.

*Umeniaibisha
hadharani.*

You have humiliated
me.

Kwasi ya kikwa kwiifo
iwe.

*Kuna siri kubwa
ambayo inazuia
matatizo yasitatuliwe.*

There is something
hidden which is
keeping the real
problem from being
solved.

Kwasinda na wesha
nkulalaa nawo-fo.

*Unaoshinda nao siyo
watakaokutatulia
matatizo yako.*

The ones you spend
time with are not the
ones who are going to
solve your problems.

Kwasuruma ufu
nkusurumaa na kiiyo-
fo.

*Ukificha matatizo yako
siku moja matokeo
yake yatakuja
kuonekana.*

If you conceal a
tragedy, its effects will
eventually come to
light.

Kwauka udun
shiishywa ng'umbe.

*Ukitoka utotoni itabidi
uzawadiwe.*

One should be
crowned after going
through childhood.

Kweendeteghebbhaa
mmbala kooya kwetiri
kiroongyo.

*Usitegemee sana vitu
vya kuomba.
Unapokusudia kufanya
jambo fulani ni vizuri
ukiwa na njia zaidi ya
moja ya kulifanikisha.*

When you set off to do
something it would
help to have an
alternate plan.

Kimashami

Kiswahili

English

Kweeshonaa isara lya
mangi sandau lyafu.

*Unapomfanyia
mwingine kazi
hakikisha umejifunza
kitu kitakachokusaidia
baadaye utakapoiacha
hiyo kazi.*

When doing
something for others
make sure you gain
some skills to help you
in the future.

Kweewikyaa ng'umbe
ya nndu sandau na
yafu.

*Wakati unapomfanyia
mtu mwingine kazi,
jaribu kupata maarifa
ya kukusaidia baadaye.*

Try to use the
experience you gain
from working for
others for your own
benefit.

Kwikee na bhakoo na
kwafwa nkufwaa ufu
lungi.

*Ukiwa katikati ya watu
wenye uwezo kimali au
kiafya si rahisi kwako
kutokumpata mtu wa
kukusaidia
utakapohitaji msaada.*

Make an effort to
surround yourself with
people who can help
you when you are in
need.

Kyaafuye kyaamba
kweenda mmbwa
nkukilyaa mifongo
ibhii.

*Ukienda taratibu
utafika salama.*

Proceeding carefully
will ensure a safe
arrival.

Lema ugha lwiike
ushu, lukammaa
yuuma lukiwaa ilema-
fu.

*Rekebisha mambo
yangali katika hali ya
uchanga.*

Shape the clay before
it hardens.

Kimashami

Kiswahili

English

Lola mambwaa shau
alesheilya ubhiri.

*Uwe makini na watu
ambao hawathaminiwi
kwa sababu hujui
uwezo walio nao wa
kubadilisha mambo.*

Pay attention to those
who are considered
unworthy, because you
do not know what they
capable of.

Lola mbai na mbai
kwiifo figha.

*Wakati wote uwe
macho.*

Always stay vigilant.

Lya mafisi eereya lyo
efumbuka.

*Wenye woga
hujiepusha na balaa.*

Fear sometimes has its
benefits; it can even save
your life.

Lya ughuka na
nsengye.

Furahia maisha.

Enjoy life.

Lyafu nlyafu.

*Ndugu yako ni wako
hata kama ni mjinga
au akiwa na kilema.*

Treasure the people
you have, despite their
shortcoming.

Lyikagha lyilakaba
mbee lyikabaa numa-
fo.

*Ukiwa na mwanzo
mzuri una uwezekano
mkubwa wa
kufanikiwa.*

If you have a good
start on something,
then you are more
likely to succeed.

Maaghe eemira nse
eefisha-fo!

*Ukipewa kidogo pokea
na usikatae!*

Be grateful for
whatever you are
given!

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|--|--|--|
| Mangi kakupapya yaambo kulakutuule nalyo-fo; suruma isaren. | <i>Usitambe na ulivyojaliwa.</i> | If you are blessed with wealth do not show off. |
| Mangi yalya ki? | <i>Una habari gani mpya leo?</i> | What is new with you? |
| Maruu kulamaa kulapapare moose-fo. | <i>Jambo usiloliweza usilifanye kwa kujilazimisha.</i> | Do not overstretch. |
| Masaa mmbandu. | <i>Watu ni mali.</i> | People are indeed treasure. |
| Masaa nyaishwaa-fo. | <i>Mali haijai.</i> | It is impossible to accumulate enough wealth to satisfy human desire. |
| Mau mmau. | <i>Hakuna mwingine kama mama.</i> | There is no person greater than your mother. |
| Mbanga kulenkaa kuleerefo mawe-fo. | <i>Usidharau ulikotokea.</i> | Remember where you came from. |
| Mbee mmbee. | <i>Awali ni awali.</i> | Your best chance for success is to start on the right foot. |

Kimashami

Kiswahili

English

Mbengye nyeendee
nndu nsha na nkasha.

*Wabishao nyumbani
kwa mtu kuna wenye
nia nzuri na mbaya.*

You do not have
control over who
comes by your front
door.

Mbombo ikalema
ubhiri` nyilemaa na
iyoo-fo

*Ukifikiri kuwa uko juu
ya yote ujue kuna
kiboko yako.
Usiwadharau watu.*

Do not think that you
are above everything.
At some point you will
be defeated.

Mbughu ntilyiywaa
mainukyon.

*Mambo mabaya
hutokea mwishoni. /
Mbuzi huuawa wakati
wakiwa wanarudi
kutoka malishoni.*

Bad things happen
when least expected.

Mbughu nyisangaa na
nyonghi-fo.

*Kuna vitu ambavyo
havichanganyiki.*

Certain things are
better kept separate.

Mbushu nyekaa-fo.

*Tabia za kurithiwa
huendelea kurithiwa na
ni vigumu kuziacha
nyuma.*

Some traits are
inherited and hard to
abandon.

Mbuya nnyirikaa n-
nying'a-fo.

*Watakao kuwa nawe
siku zote ni ndugu
zako na siyo marafiki.*

Friends are not the
ones who will die for
you, but the ones who
are born with you.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|---|---|
| Mighi ikamuuma na maramba mbo ashumaa. | <i>Msingi usipokuwepo vyote vilivyoutegemea huangamia.</i> | A strong foundation is necessary for the survival/continuation of things. |
| Mimmya misha nseyo waghi-fo. | <i>Usidanganywe na macho yako.</i> | Do not be fooled by the appearance of things. |
| Mmba itiri nyishe nyituraa saafu-fo. | <i>Dalili huashiria yatakayokuja.</i> | You cannot have rain without clouds. |
| Mugha mbubwaa nkonu waghawa-fo. | <i>Inachukua muda kuona tabia mbaya za mtu. /Maji hayaharibiki siku yaliyochotwa.</i> | It takes time to know/see the dark side of things. |
| Mugha ukambusuka mbughaiywaa-fo. | <i>Jifunze kutokana na makosa uliyofanya ili usije ukayarudia.</i> | Learn from your mistake so you can move on. |
| Mwaandu wa ngwegha kugheghe sha wa mangi na wa mangi kugheghe sha wa ngwegha. | <i>Watu wote ni sawa; Maskini aamuliwe sawa na tajiri.</i> | Everyone, poor or rich, deserves equal justice. |
| Mwaanga kakwua kisiku kyakwe nkikua-fo. | <i>Mwenye ujuzi akizeeka ujuzi wake hauzeeki.</i> | A skill you gain and what you do with it stays with you forever. |

Kimashami

Kiswahili

English

Mwiilalya shong'u
nyeeshi mwiilalya
masaa-fo.

*Aliyekulia kwenye
mazingira ya utajiri
hawezi kujua shida
alizo nazo masikini.*

It is hard for a rich
person to know what it
is like to be poor.

Mwiilya mbuo
nyatebhesa mwiilya
nnu.

*Usifikirie kuwa uko
peke yako, kuna
wengine wanaosubiri
kuichukua nafasi yako
wakati wowote.*

There are others who
are waiting to take
over your position, do
not procrastinate.

Mwisinda singiren
nyeu kulagha
amuuryo.

*Aliyetulia mahali kuna
kitu anachokisubiri.*

A person chooses to
stay somewhere for the
reasons s/he knows.

Mwisomuka ngama
mbo atiri kisomukyo.

*Anayetoka anajua
anakoenda.*

One who leaves his
home knows where he
is headed.

Mwi ukabhaa
mwaangu ughumikaa.

*Vitu vinapoanza
kuishiwa na nguvu ujue
vinakaribia mwisho
wake.*

A lack of excitement
leads to the end of
things.

Na muna ulya.

*Asante kwa
zawadi/wema.*

Thank you for your
gift/kindness.

Ndesi nya mafubhe.

*Linaowezekana leo
lifanyike leo na
lisingoje kesho.*

Do not wait until
tomorrow; act today.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|--|---|
| Ndeu niini nyebhambwa kishong'u. | <i>Tamaa ni mbaya. Ule tu kile ambacho tumbo lako linahitaji.</i> | Do not over indulge. Everything in moderation. |
| Ngama nyi-nghi. | <i>Kama ukifanikiwa kuiona siku ya kesho hali itaimarika.</i> | If you make it to tomorrow, things will be better. |
| Nghwe wa nndu nkai. | <i>Kichwa cha mtu kina uwezo wa kubeba mambo mengi kama dari.</i> | One's head is like an attic which withstands a lot of weight. |
| Ngoninda nyeekaba mighi shoose ikagha-fo mwasasa. | <i>Vitu vyote havilingani.</i> | Not all things are equal. |
| Ng'umbe ya nkibha nyifyaa-fo. | <i>Maskini ni shida kutoka kwenye umasikini kwa sababu hukutwa na majanga mengi.</i> | It is hard for a poor person to accumulate wealth because whenever he tries to do so, something else will demand his attention. |
| Ng'waana nsabhi ngota inyinyi. | <i>Heri mchawi kuliko mwizi.</i> | It is better to encounter a witch than a thief. |

Kimashami

Kiswahili

English

Ngwegha nyiutwaa
ukibhen ikaighikya-fo.

*Huwezi kumsaidia
aliye na shida ikamtoka
kama hayuko tayari
kuondokana na shida
zake.*

It is hard to rescue
someone from a
situation if s/he is not
ready.

Nka muumu nyalyi-
iywaa ufeen.

*Mambo mabaya
utalipizwa wakati
ambapo hujiwezi.*

It is easy to want to
seek revenge when one
is at the very lowest
point in his/her life.

Nka nfii nyafinaa ufina
lukaitiwa-fo.

*Asiye na sauti
hasikilizwi.*

Weak people are not
taken seriously when
making a case.

Nkobha uke boo
mbuturaa kindo
wafinga-fo.

*Kila mtu yuko hapa
duniani kwa sababu
fulani.*

Everyone matters.

Nkobha wa mbai m-
mbufingaa ngwi-fo.

*Ulichu nacho ndicho
kitakachokusaidia
wakati utapokuja
kuhitaji msaada.*

In times of need what
you have is what will
save you.

Nkulewa ndu agha
kwalya ukibha-fo.

*Shida zitakufanya uwe
mtu bora zaidi.*

Problems you face in
life make you a better
person.

Nndo wa ng'umbe
ufishwaa nyikengere.

*Atakayekushinda ni
yule ambaye
hukumtegemea.*

Your defeat may come
from an unexpected
source.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|---|---|
| Nndu afwala-fwalaa findo fyakwe mbusha yakwe nshifii. | <i>Mtu ambaye hatunzi mali yake utajiri wake ni wa muda mfupi.</i> | Unsaved wealth does not last long. |
| Nndu aidikiraa mbuuwa nyaidikiraa kabhii. | <i>Usipoweka jitihada kwenye jambo ulifanyalo itakuchukua muda mrefu zaidi kulikamilisha.</i> | If you do not put an effort into what you do it will take you longer to get the results you want. |
| Nndu mmi nyakabwaa ifumu lyimwi-fo. | <i>Unapowapa watu chakula tilia maanani umri na jinsia kwa sababu kila mtu atahitaji kiasi tofauti.</i> | When serving food to others keep in mind their age and sex because some may need more than others. |
| Nndu mwin kasha kwafo nyi nshaare wa mbengye uwewaa. | <i>Mgeni hupewa vinavyothaminiwa.</i> | Save the best for the guest. |
| Nndu nalaiyo nyaweyoo ifu- fo. | <i>Kama hukuhudhuria ulipotakiwa basi huna haki ya kudai ulichokosa.</i> | He who is absent loses his share. |
| Nndu nyotwaa nyubhayo lwake. | <i>Tumia ulicho nacho kutatulia matatizo yako.</i> | What you have on your hands is what will save you in bad times. |

Kimashami

Kiswahili

English

Nndu wa shaa
nyawiywaa kutire-fo,
nndu awiywaa kutire
nyeu alwee.

*Aliye na njaa hapewi
pole. Anayestahili pole
ni mgonjwa.*

Give your sympathy to
the sick and not the
healthy and lazy ones
who do not have
enough to eat; they
could work to feed
themselves if they
wanted to.

Nsabhi kumbyaa
shimanya bhana.

*Anayesadikiwa kuwa
mchawi
ukishamfahamu
hawezi kukuloga.*

If you live next door to
a sorcerer and you
know, it is harder for
him to bewitch you.

Ntambo wa ndeu
mmayoo.

*Inasaidia kuwa na
uwezo wa kutatua
matatizo yanapokujia.*

You should know what
works for every
situation you face.

Ntughu mborota mighi
ukalemwa yoorota
bhandu.

*Mazingira ya aina
fulani yanaweza kuwa
mazuri kwa baadhi ya
vitu.*

Some things are suited
for a certain
environment.

Nyalefwa na ndeu ya
mugha.

*Amekufa kwa njaa
ingawaje alikuwa na
mali nyingi.*

Death is always
misery, even for one
who has a lot of
wealth.

Nyalekabwa nsengye
wa ndeu.

Amenyimwa chakula.

He was deprived of
food to the point of
starvation.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|--|---|
| Nyamaandu yalya ngurana kibooka numa ikalya mbughu niini. | <i>Ukiwa na mwanzo mgumu utaishia na maisha mazuri.</i> | If things start rough, you will find a good ending. |
| Nyatiri ighiso. | <i>Ana tamaa.</i> | S/he is greedy. |
| Nyatiri woko. | <i>Ni mwizi.</i> | S/he is a thief. |
| Nyatiri woko lwa kai. | <i>Ni mgumu kutoa /Ni mchoyo.</i> | S/he is selfish. |
| Nyatiri woko usha. | <i>Ni mkarimu.</i> | S/he is generous. |
| Nyen sha finga woko/Na yen kushisandeu. | <i>Unishirikishe ili kitakachopatikana na mimi kinifaidi.</i> | I ask to be included. |
| Nyinkabe den. | <i>Ampatwa na matatizo mengi.</i> | He has been through a lot. |
| Nyukibha lughwee nndu kwa ungi; nse ifugha-fo. | <i>Shida ndiyo impelekayo mtu kwa jirani na siyo raha.</i> | Problems bring people together while comfort does not. |
| Shaghisha kiming'a shandekooya mbambo. | <i>Uamuzi niliochukua haukutatua matatizo yangu bali yamekuwa makubwa.</i> | I thought I had escaped my misery only to find myself with bigger problems. |

Kimashami

Kiswahili

English

Samu nshighoo ngota
mugha

*Damu ni nzito kuliko
maji.*

Blood is thicker than
water.

Sandau wa nka ungi.

Shirikisha wengine.

Include others.

Shande oorwa
maghende.

Naenda kutembea.

I am going for a short
walk.

Shasongwa na mangi
shawuiya ilala mawen.

*Unaoshinda nao
hutamala nao kwa
sababu siku
itakapoisha utarudi
kwa familia yako.*

Choose your company
wisely, because in the
end you will have to go
back to your family.

Shau ikaamba;
shakufiia, lya ukibha
shaghea isara.

*Anapokufa mtu
madaraka aliyokuwa
nayo huachiwa
waliobaki nyuma, hasa
ndugu zake.*

When one dies with
unfinished business,
the ones left behind
suffer, because they
have to carry on with
their responsibilities.

Shikombaa muna
kana.

*Na mimi ningependa
kufaidika na ulicho
nacho.*

I would like to benefit
from what you are
doing.

Shilamanya
ilasongoyaa.

*Kutokujua
hakutangulii.*

I wish I had known
earlier.

Shimannya bhana.

*Usiwadhuru watoto
wangu. /Niangelizie
watoto wangu.*

Spare my children. /
Take care of my
children.

| <u>Kimashami</u> | <u>Kiswahili</u> | <u>English</u> |
|---|--|--|
| Shimannya nsengye. | <i>Nisaidie nimepungukiwa kifedha.</i> | I need some financial support. |
| Shofu iilyaa miraa na kisaa kya iita mbo itiri. | <i>Unapoamua kufanya jambo uwe tayari kukabiliana na matokeo yake.</i> | Before you set off to do something, be prepared to face the consequences. |
| Singo nyileiya nghia-fo! | <i>Mdogo hawezi kumpita mkubwa kwa umri.</i> | A youngster will never catch up in age with his/her elders. |
| Sisa ya kite nyu-ukwi. | <i>Mlipe mtu kadiri alivyokutendea.</i> | What you do to others will be done to you. |
| Soko nyimwi yuuka kisikyen ikaseiya tingi, tikauka toose. | <i>Inachukua tu mtu mmoja kuleta mabadiliko yanayohitajika.</i> | It takes one person to inspire others and to bring needed changes. |
| Subha ikabe nkya. | <i>Ujue lengo lako.</i> | Know the target. |
| Teghebha nyetaa-fo. | <i>Vitu vya kuomba havitajirishi.</i> | Do not rely on things which belong to others. You will never get rich from them. |
| Tira kimasisi ekyo kwaniingwa. | <i>Ulichopewa hata kama ni kidogo ukitunze.</i> | Cherish even the little things which you are given. |

Kimashami

Kiswahili

English

Ubhayo lukagha
lulakweegye laura,
lukweengye suyu.

*Matendo yako
yasipokuletea baraka ,
yatakuletea matatizo.*

If you do not sow joy,
you will sow pain.

Ubhayo lulatyaa lungi.

*Ukitaka kutembelewa
watembelee wengine.*

If you pay visits to
others, you will be
visited.

Ukibha nluwikwaa
mugha-fo.

*Shida hazitatuliwi kwa
shida.*

Problems cannot be
solved with more
problems.

Ukoo lubhaaywaa
iwen.

*Ujana ni kipindi
ambacho una wezo na
nguvu za kufanya
utakavyo.*

The young can
accomplish and
conquer anything.

Ulumi usha luutaa
shofu ngheminy.

*Maneno mazuri
hutatua matatizo
makubwa.*

Good words heal the
soul.

Urango mmasaa.

*Maarifa yana thamani
kubwa zaidi kushinda
pesa.*

Knowledge is worth
more than money.

Uughu lutiraa
ngeighiya-fo.

*Hakuna sababu ya
kubishania mambo
ambayo yako jinsi
yalivyo.*

Do not waste time
trying to modify the
unchangeable.

Kimashami

Kiswahili

English

Wauka nghwen ukawa
yeebhen/ Kwakilya
maafi kooloka
imaamun.

*Umebadilisha tatizo
moja kwa jingine.
Tafakari kwanza.*

You avoid one bad
situation only to find
yourself in much
bigger trouble. Think
before you act.

Wo nndu mbo
abheetiri sengye
yakwe.

*Kila mtu ana matatizo
yake.*

Everyone has his/her
own problems.

Yaanghi lyikalya na
mbughu ya subhana
mmbo lyisamaa nghin
sha-yo.

*Marafiki zako wawe ni
wale watu ambao
watakufanya uwe mtu
bora zaidi.*

Surround yourself only
with people who will
influence you
positively.

Yeenda nndoo na ikaa
ghembo mmau.

*Unapojishgulisha una
uwezekano mkubwa
zaidi wa kufanikiwa
kuliko kukaa tu
sehemu moja.*

Trying different
options will lead to
great results.







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ON THE
MOUNT KILIMANJARO
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SAYINGS, APHORISMS, AND PROV-
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